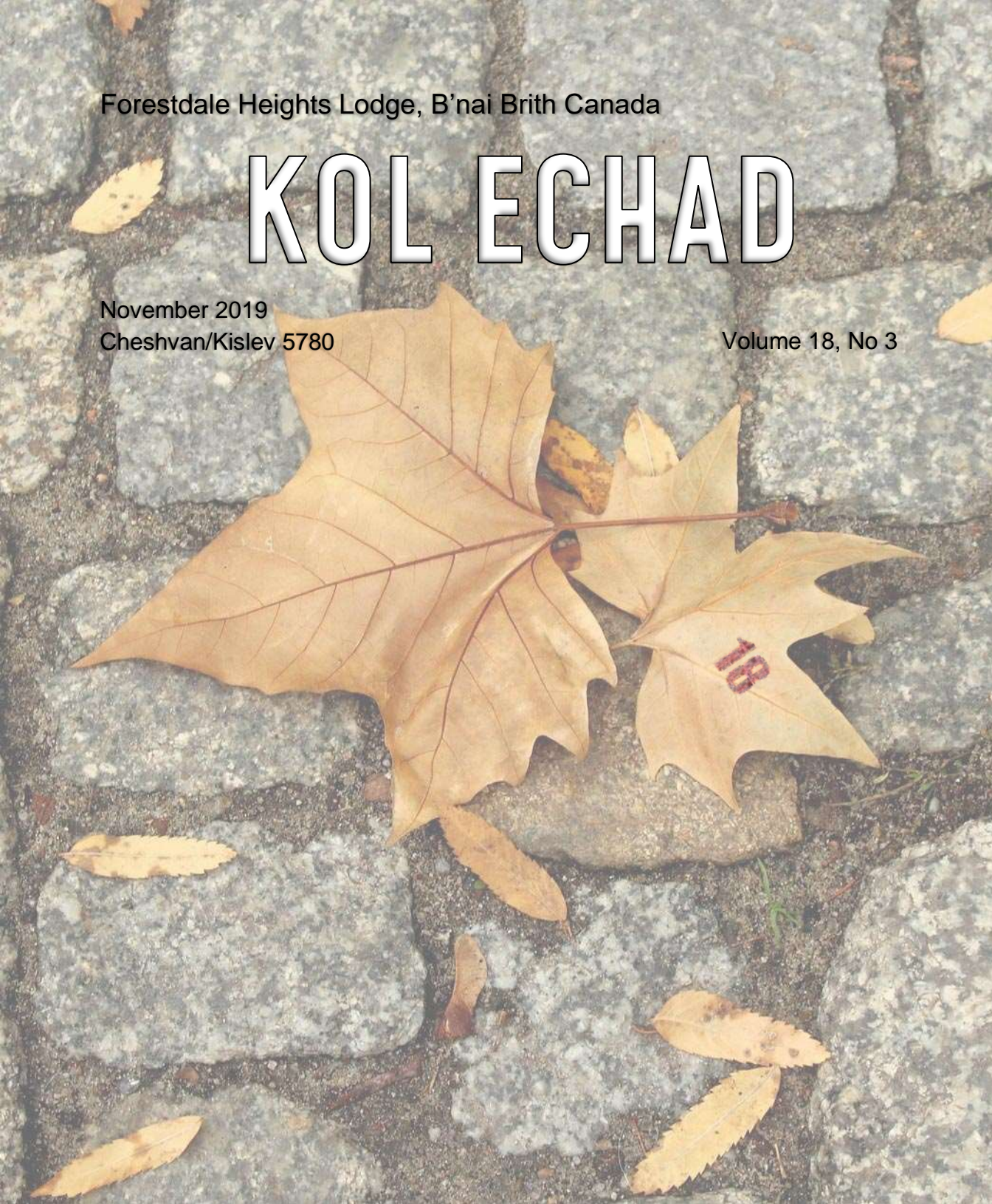


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

November 2019
Cheshvan/Kislev 5780

Volume 18, No 3



COVER ART

November's fallen leaves serve to remind us of all the brave soldiers who gave their lives in wars across the ocean so that we may enjoy the freedoms that too many of us take for granted. We pay tribute to them this month on Remembrance Day, Monday, November 11.

SLATE COMMITTEE

FHL's slate committee will meet in January to choose a slate for the Lodge's 2020-2021 executive. The committee is chaired by Harvey Silver, chairman of the Lodge's Board of Governors. For more information, contact Harvey at debbisilver@rogers.com.

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PRESIDENT'S PEN

Stewart Indig



For those of you that follow the Toronto Raptors may I remind you that at the start of last season they were considered “the underdogs.” They survived and look what happened. They won the championship.

This sort of reminds me of what our Lodge is all about. Our numbers dwindle and we have fewer members participating. We do less, yet we survive. The members that do participate are “our” stars. We too will win the championship.

Perhaps it is not the time to tighten our belts, but do the opposite and relax some of the rules. This is my opinion only, but I think it is time to do away with the need for a quorum. If we need to vote on an issue then the majority present should take care of business. Since our membership is down and some members go away, whether for a vacation or for the winter, we still need to move forward. The “stars” that do come out to the meetings should be able to move forward and represent the collective membership.

Just remember.

We are the champions.



Every month we endeavour to deliver a perfect issue of Kol Echad. Still, the best-laid plans of editors sometimes fall by the wayside. September's issue does not span a decade, as the Jewish date on the cover appears to indicate, but just the first month of the Lodge's season. We will keep trying for perfection, but then again, someone once mentioned that perfection is highly overrated.

EDITOR

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

It is published 10 times a year.

We welcome all articles and letters from members of the Lodge and their spouses.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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Lisa Rosen
Debbi Silver

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The UPS Store,
Stouffville, Ont.

AT A GLANCE

November 11	Dinner Meeting
December 15	Chanukah Party & Meeting
January 13	Nominations & Dinner Meeting
February	No Meeting
March 9	Purim Programme
March 16	Elections & Dinner Meeting
April 20	Dinner Meeting
May 3	Toronto Goodlife Marathon
May 11	Dinner Meeting
June 8	53 rd Annual Installation

All Dates Subject to Change

Dinner at 6:30; Meeting at 7:15

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**Kol Echad extends a special thanks to Cathy Indig
for her assistance in editing this issue.**



EDITOR'S DESK

Jeff Rosen



The 43rd Canadian general election is now history and the votes have been counted. The party that will govern Canada for the next four years is...?

Of course, since I am writing this on September 23, I have no idea who will be our country's next prime minister or what policies will guide our country until October 2023.

From what I have seen so far though, I have just one thing to say: "A pox on both your houses." I'm referring to the parties that were tied and/or leading in the polls as of late September. I looked at both Liberals, under Justin Trudeau, and the Conservatives, led by Andrew Scheer, and felt that neither deserved my support (or my vote). Still, I was not disappointed enough with either of them to think of voting for another party.

One of the issues on my personal agenda is support for Israel. However, it remains just one factor in my decision-making process. I do not trust either the NDP or Greens to honour commitments past governments have made with the Jewish state. While Trudeau and Scheer differ slightly on this issue, the differences are not enough to sway my vote one way or another.

What I was most disappointed with is the preoccupation of the parties to play "gotcha," by attempting to dig up "dirt" on candidates. If we are seeking perfection in our political representatives, I'm afraid that the House of Commons will eventually become an empty chamber. To put it simply, no one is perfect; everyone says and does dumb things as they move through life. I'm sure that if many of us thought about it, they would recall parts of their lives that they would want to remain buried. I certainly know there are things that I have said and done over the past 40 years that I now regret.

Continued on next page



With social media and the internet creating a permanent record of our lives, I do not believe MPs, candidates and party leaders should be judged by what they said and did in the past. Certainly, if they are continuing an egregious behaviour or are espousing wholesale changes that would affect the fabric of society (just look at Ontario's Tories), then I feel they should be denounced loudly and publicly. Other than that, let the past remain in the past. Before I go to the polls (which will have already happened by the time you read this), I will look at the parties' policies and decide which offers what I believe to be a better plan to lead Canada for the next four years.

I already know that the various climate change policies will definitely affect how I cast my vote. Unlike errors of the past, climate change is here and now. It is a growing threat to the future. Not just to you and I, but to our children, your own grandchildren and generations yet to be imagined.

I hope we made the right choice.

Be well.



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In keeping with Lodge tradition, members will be delivering gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters and paramedics. If you know of a station you would like to deliver a parcel to, please contact Harvey Silver at debbisilver@rogers.com.

CHANUKAH GREETINGS

Kol Echad will be running a greetings section in the December issue at no charge for Lodge members. If you wish to place a short message, please send the information to jelijo@sympatico.ca no latter than November 10.



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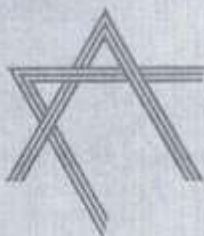
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TALKING POINTS

Debbi Silver



Here it is almost November, and the weather so far (October 11) has been beautiful. Yesterday, Harvey and I sat out on our balcony and took in some sun. It was so nice.

The holidays are just about done. This year we davened with our children at Beit Rayim Synagogue. The synagogue recently hired a new cantor. Not only was he was magnificent, but the two young men singing with him as a choir greatly added to the service. They were fabulous. We are looking forward to joining Lonny Kates (Michael's z' son) and Mitchell Wein at their sukkah festivities. We are happy that we have kept in touch with Lonny. It sort of reminds us of how much we miss Michael z'.

We spent a nice summer going to the market at St. Jacobs and staying over at one of their beautiful hotels, which was built right across the street. We also enjoyed dinner at the Lancaster BBQ in Kitchener and recommend it highly.

A lot has changed in the past year since our move to a condo. We have met some wonderful people. One of our neighbours even invited us to a meet and greet in the building where we met up with five other nice couples. I guess going to bingo and exercise classes has helped me to feel right at home.

Back to reality and Forestdale Heights Lodge. The Lodge needs help from our members. Stewart has done an amazing job keeping us together, but there has to be somebody out there who can help with fundraising and social programmes. The pushka cans have done well, and Kol Echad is running on a profit, but that isn't enough to sustain the Lodge. PLEASE think about getting in touch with anyone on the executive and find out where you can be of service.

That's it for now. Have a wonderful November and we'll see (and talk) with you soon.



Lisa and Harvey eating at the Lancaster BBQ

You are invited to FHL's annual

Chanukah Party

Festivities will take place on

Sunday, December 15, 6:30 p.m.



The party will be held at the home of
Mark and Marla Spergel, 229 Maxwell Street.

Cost: \$15 per person.

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RSVP Stewart Indig, stewart.indig@gmail.com.



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AS I SEE IT

Marc Kates

This past summer, I crossed off another destination on my travel bucket list. We spent 11 wonderful days in Iceland. My family and I had always wanted to travel there, long before it was trendy. I've never heard anyone say a bad thing about Iceland, and that only reinforced our desire to go.

Iceland certainly was a place that did not disappoint. It's a family-friendly adventure destination that is not to be missed. Getting there was not a challenge, and interestingly enough, it's cheaper (and closer) to fly to than many Canadian cities!

Iceland is a clean, safe country that prides itself on its natural beauty, its hospitality, and its Viking past.

Continued on next page



Iceland is an adventurer's dream. It's a country with 380,000 people and over 8 million puffins. We circled the country's perimeter and took in its majestic beauty. We went off the beaten trail from most tourists, but still managed to encounter Israeli tourists even in the most remote regions of the country. The geography and the geology are truly what rocks (pun intended) in Iceland. We hiked inside a lava cave, trekked behind waterfalls, saw whales and puffins, walked in a glacier, snowmobiled on a glacier, went white water rafting on a glacial river, boated around icebergs and did a lot of walking. The geological formations of Iceland are awe-inspiring. It is from Icelandic that the word geyser has entered our vocabulary. For those wishing to relax, Icelanders take their geothermal baths very seriously.

Iceland always seemed to remind me of places I've previously visited or places I have yet to explore. The relationship to the water reminded me of Canada's Maritimes; the geography reminded me of New Zealand, the thermal baths of Ein Gedi, Israel, and the architecture of Scandinavia.

My only disappointment in our trip to Iceland was seeing our collective impact on climate change and how glaciers are shrinking at an alarming rate. Those who proclaim that global warming is bunk need only visit Iceland to be proven otherwise.

I highly encourage the adventure traveller to check out Iceland. Invest in a good pair of hiking shoes, a few warm layers, and you'll have memories to last a lifetime.

GOOD & WELFARE

Birthdays

Debbi Silver

November 17

Stan Horowitz

November 20



FHL extends condolences to the family of Gabriel Nachman, a past president of B'nai Brith Canada and the Lodge, on his passing.

If you have any special moments in your life (or the lives of your children and grandchildren) that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

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FORESTDALE FUNNIES

How do you get Trump to change a lightbulb?
Tell him Obama put it in.

At the King David Hebrew School, the children were learning about how God created everything, including people. One little boy was especially interested in the part where God created Eve out of Adam's side.

Later that week, his mother saw him lying on the sofa, looking ill. "What's the matter?" she asked.

"I have a pain in my side. I think I'm going to have a wife."

The Pope and Donald Trump are on stage in front of a huge crowd.

The Pope leaned towards Trump and said, "Do you know that with one little wave of my hand I can make every person in this crowd go wild with joy? This joy will not be a momentary display, like that of your followers, but go deep into their hearts and for the rest of their lives whenever they speak of this day, they will rejoice!"

Trump replied, "I seriously doubt that. With one little wave of your hand? Show me!"
So the Pope slapped him.

Bill Gates has agreed to pay for Donald Trump's wall.

On the condition he gets to install windows.

Trump and Putin are out to dinner. The waiter asks Putin what he would like to order.

"I'll have the steak," Putin says.

The waiter says, "And for your vegetable?"

"He'll have the steak, too."

What's the difference between God and Donald Trump?

God doesn't think he's Donald Trump.



In a recent survey, 70% of Americans responded that Donald Trump becoming president has made them nervous.

The other 30% said it will make them Canadians.



HARMONY

Rosalie Moscoe

Do you suffer from headaches? Are you sluggish a lot of the day, lack energy or have many health problems? If so, look over the foods in your fridge and pantry. Many people eat what's fast, easy and often devoid of nutrients at home, in friends' homes and in restaurants. We feed our pets high quality feeds for shiny coats and

good health. For some reason, too many people treat their animals better than their own bodies.

Face it, food is fuel to your brain and body. Are you eating mostly foods that are high in sugar (cakes, cookies, sugar-filled dressings, high sugar power bars, chocolate bars, etc.), junk food snacks – potato chips, pretzels and 'non' foods such as white flour crackers, white bread or bagels, processed cheeses, processed whipped "cream" filled with chemicals? Many "foods" on your grocery shelf have added sugar, salt and chemicals – mostly for taste (and shelf life).

According to Health Canada, the Heart & Stroke Foundation and the Canadian Cancer Society, we need to limit these items for better health.

But we do love our junk food! I know, I've been there. Since the days when my dad took me out for ice cream and chocolate bars, I was addicted to sweets and other junk foods. We see them as comfort food, but often they make us feel uncomfortable. I had many sore throats, colds, fatigue, stomach problems, and was always sick with something. I decided to make a change (and I'm glad I did,) after I had to undergo a lumpectomy for a pre-cancer spot on my mammogram at age 41.

We can get addicted to fast foods and their taste. Let's get back to basics! If you must, change slowly, but the faster the better. Powerful substances help protect us from disease and give us vitality.

Continued on next page



Choose fresh fruits, such as berries, mangos and like the old song we sang – *apples, peaches pears and plums!* In addition, you can never go wrong with brightly coloured vegetables. They are all antioxidant champs! Other healthful items include low sugar salad dressings, eggs, low-fat cheese, chicken, fish, canned tuna and salmon, turkey, lamb, beef, olives and yogurt.

The best advice I can give you is to become a label reader. You can find crackers and bread that are whole grains, not just empty fillers. If you get stomach aches and have poor digestion, try gluten-free products. It may help! Buy peanut butter without sugar and chemicals, almond butter, raw walnuts, pecans, pistachios, sunflower and pumpkin seeds, beans (if you tolerate them), low sugar ketchup, and salad dressings without hydrogenated oils, If you want great salad dressings, I suggest trying out our advertiser, [Kingston Olive Oil Company](#), as they offer a variety of oils, and vinegars for salads and cooking.

There are many healthy products on the market. Become a prudent shopper and choose higher quality items that are free of additives. Don't let people push food on you that you know isn't good for you. You can say you're allergic to it! If you can afford organic products, go for it! They lower the load of chemicals entering your body. Check ingredients listed for the Mediterranean Diet – a healthier food plan!

Dare to take charge of your health. Your body (and your family) are counting on you.

FOOD SENSATIONS

FOUR INGREDIENT HOMEMADE CROUTONS

Ingredients

4 heaping cups cubed bread

1/4 teaspoon garlic powder

1/3 cup extra virgin olive oil


1/4 teaspoon sea salt

Directions

Preheat the oven to 375 degrees.

In a large bowl, combine the bread, garlic powder, and salt. Drizzle olive oil over bread while stirring. Stir well until bread is coated by all ingredients and olive oil is absorbed.

Spread the bread cubes into an even layer on a sheet pan. Don't crowd the pan. Bake for 10 minutes, or until golden brown and crisp. If you're using super fresh bread, they'll take a little longer to become golden brown. If the bread is stale and dry, it may brown faster, so keep an eye on it!



FOOD SENSATIONS

EASY BEEF BRISKET

INGREDIENTS

- 1 (3-pound) beef brisket, trimmed of fat
- 1 medium onion, thinly sliced
- Salt and pepper to taste
- 1 (12 fluid ounce) can beer
- 1 (12-ounce) bottle tomato-based chili sauce
- 3/4 cup packed brown sugar

DIRECTIONS

Preheat the oven to 325 degrees F (165 degrees C).
Season the brisket on all sides with salt and pepper, and place in a glass baking dish. Cover with a layer of sliced onions. In a medium bowl, mix the beer, chili sauce, and brown sugar. Pour over the roast. Cover the dish tightly with aluminum foil.

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Bake for 3 hours in the preheated oven. Remove the aluminum foil, and bake for an additional 30 minutes. Let the brisket rest and cool slightly before slicing and returning to the dish. Reheat in the oven with the sauce spooned over the sliced meat.

Editor's Note: My sister-in-law, Jennifer Rosen, made this recipe for Rosh Hashanah. It was absolutely delicious. For the beer, she used a stout.



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